

# SUPERLIVING THE TOTAL STRESS MANAGEMENT

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॥ आत्मनो मोक्षार्थं जगत् हिताय च ॥

# SUPERLIVING

Dr. Shriniwas J. Kashalikar

१. चैतन्यसाधना
२. कामजीवन : (ज्ञान आणि समाधान)
३. सूर्यशोध
४. भोवरा
५. अमेरिकनांच्या अंतरंगात
६. सहस्रनेत्र
७. संपूर्ण आरोग्यासाठी नामस्मरण
८. आरोग्याचा आरसा
९. थकवा घालवा - स्फूर्ती मिळवा
१०. वैद्यकीय व्यवसाय - व्यवहार व ध्येय
११. नामस्मरण
१२. मोसमी आजार
१३. सम्यक वैद्यक
१४. शांभवी
१५. तणावमुक्तीसाठी उपयुक्त लेख
१६. संपूर्ण तणावमुक्ती व समस्यापूर्ती
१७. हितगुज
१८. आरोग्यस्मरण
१९. यशोदय
२०. नवग्रहस्तोत्र
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२२. आरोग्य का राजमार्ग (हिंदी पुस्तक)

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GURURBRAHMA GURURVISHNUH  
 GURURDEVO MAHESHVARAH  
 GURUH SAKSHAT PARABRAHMA  
 TASMAISHRI GURAVE NAMAH

I salute my Guru, who is Brahma, Vishnu  
 and Mahesh [Gunamaya] i.e. the  
 penultimate and Parabrahma i.e. the  
 ultimate truth.

# SUPERLIVING

BY

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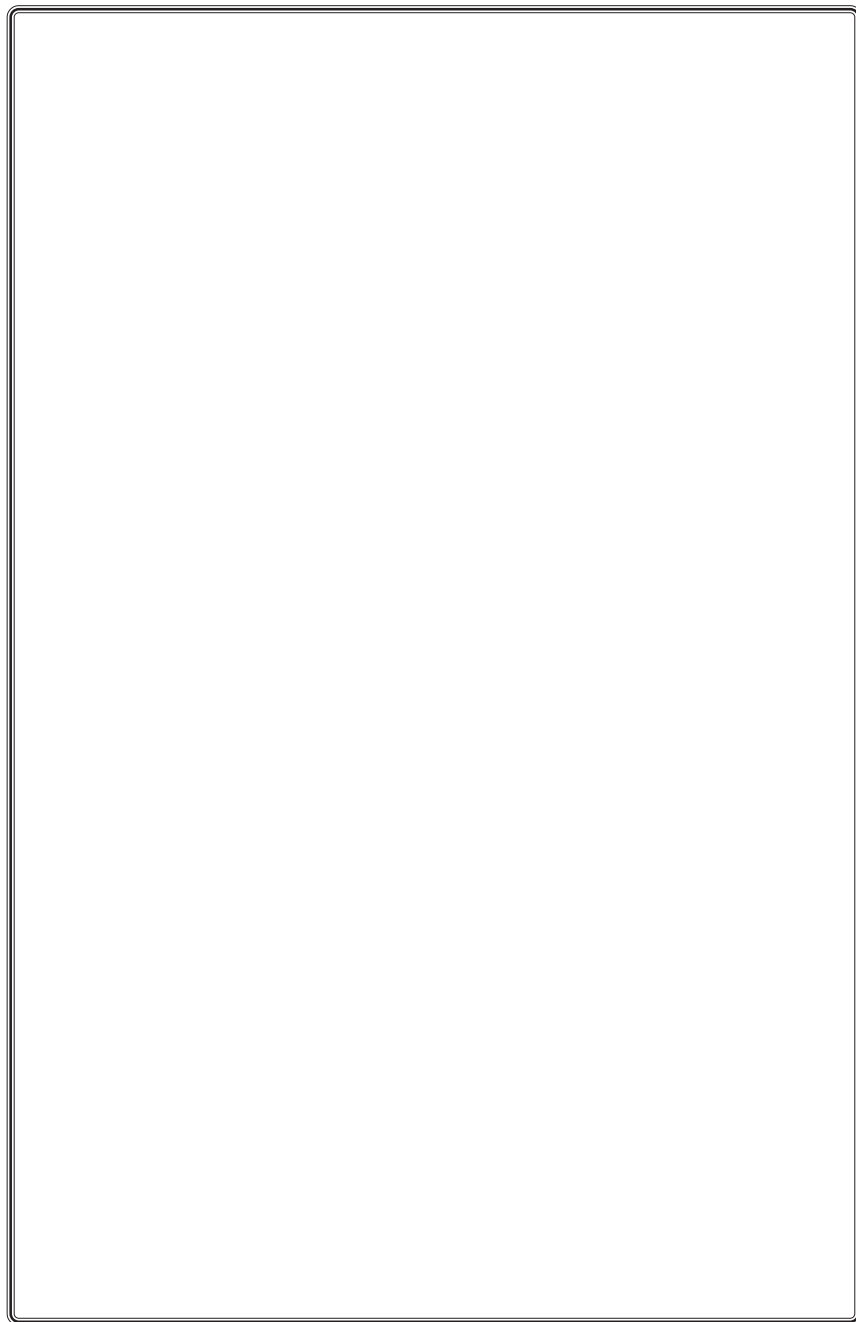
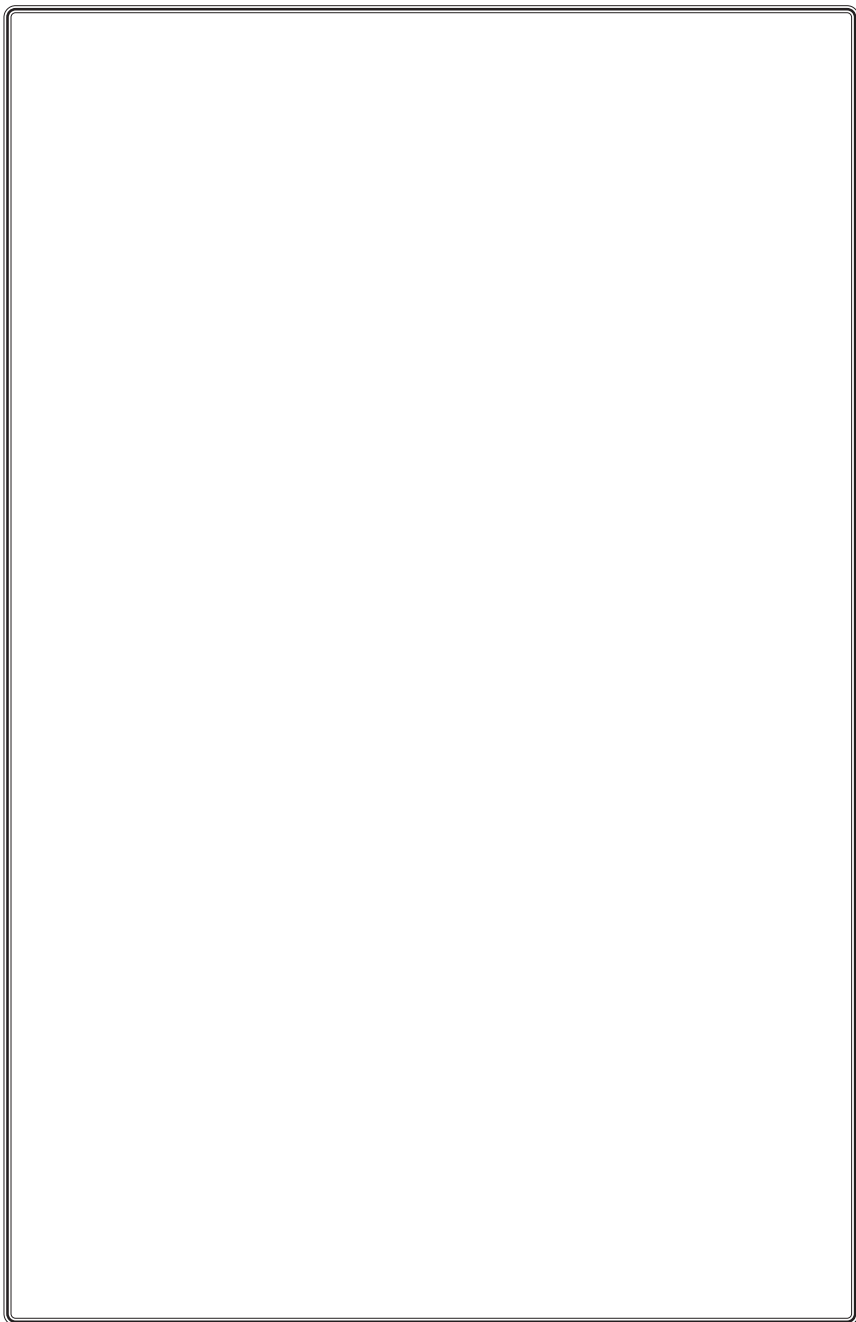
This book is not for sale, but only for free distribution  
 and heart to heart interaction for collective welfare.  
 Critical study and experimentation are preferable to  
 blind belief or blind disbelief. The concepts and  
 techniques of breathing, exercise, yoga, and stress  
 management included in this book and many more are  
 discussed and demonstrated in the workshops.

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# **SUPERLIVING**

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## INTRODUCTION:

An invincible, dynamic and blissful life realizing “simultaneous individual liberation and universal welfare” is **SUPERLIVING** and it is our eternal right, privilege and also a golden opportunity!

Let us understand how **Total Stress Management [TSM]** can help us to achieve **SUPERLIVING!**

Stress is an interaction between any living organism and the environment. Thus, sensory stimulation [perception], homeostatic change [feelings] and responses [behavior] together constitute **stress** and the emerging consciousness that refines the perceptions, feelings and responses in implicit manner in every living being and explicit manner in human beings is **Total Stress Management [TSM]**.

Hence stress and **TSM** are present at all the times in every living being! Most of the times, they are subconscious and are present not only during wakeful state, but even during unconscious state, sleep, dreams and even in an embryo. This is why most of us are not even aware of them and do not care for **conscious study of stress and TSM!**

Actually most of us are busy in **excellent efforts** to improve individual and social life in our respective areas of specialization and our efforts constitute **TSM** but usually without **conscious and holistic study, awareness and practice of stress and TSM** [here after referred to as only **TSM**]. Hence even without **TSM** sometimes there are successes and happiness or failures and tragedies. In cases of successes we call

the stress as good stress or eustress and in cases of failures we term the stress as bad stress or distress! However it must be remembered that what eustress is for one person can be distress for another depending on the individual's capacity to manage the stress.

However the specialty of **TSM** is that it enables us to not merely to achieve trivial and ephemeral personal successes but realize individual liberation and universal welfare.

**TSM** is like watering the roots of the life tree and is a process of its growth, blossoming and fruition. **TSM** enables us to **evolve** our perspective, observation, analyzing, synthesizing, questioning, contemplating, understanding, hypothesizing, memorizing etc. **viz. perception**, nervous, endocrine and metabolic changes taking place leading to ideas, plans, strength, freedom, pleasure, love, patience etc **viz. feelings** and physical, instinctual, emotional and intellectual actions i.e. **behavior** in our private, professional and public life. **TSM** thus enables us to orient ourselves **and our efforts in every field** towards **realizing simultaneous individual liberation and universal welfare** and **bring about multiplication of our efficacy and fulfillment**.

Thus through **TSM** we begin to realize **SUPERLIVING! TSM** is the way and **SUPERLIVING** is the destination! But these are not water tight compartments! The ecstasy in **SUPERLIVING** is dynamic and the dynamic process of **TSM** is ecstatic!

The true nature of **SUPERLIVING** and **TSM** is **beyond articulation**. But I have humbly shared my views and experiences, in this small book. These views and experiences are **not absolute truth**, but they are **useful in realizing SUPERLIVING**.

If you kindly share your frank views, opinions, criticism, suggestions and experiences about **TSM** and **SUPERLIVING**, then they would be honored, appreciated and appropriately responded to.

Let us now find out some of the important effects of stress on us as the individuals and as society. The complete list of effects of stress is too long and hence not described. But even though the effects, described, are also horrifying, let us not be afraid of them. Instead, let us go ahead with determination and confidence to understand and conquer them individually and collectively!



## EFFECTS OF STRESS ON LIFE

The effects of stress in individual life are wide spread affecting every aspect of life. They manifest in society in the form of wars, terrorism, fanaticism, exploitation, addictions, crimes, eco-destruction etc., which in turn inflict the individual life! Some effects of stress on different aspects of individual life, which we will conquer, are:

### Effects on personal life:

**Mind:** When the effects are subconscious there may be no symptoms. But when consciously perceived, they include tension, anxiety, worry, despair, dejection, irritability, apathy, suffocation, lack of confidence, listlessness, sadness, frustration, unpleasant dreams, lack of sleep, suicidal tendencies etc.. Sometimes abnormal fear of death and diseases like cancer may be present and at other instances, there may be abnormal fear of even a trifle, or even unknown. Sometimes there may be habits such as nail biting, blinking and facial muscular twitching.

**Intelligence:** Even an otherwise intelligent person shows forgetfulness, confusion, indecision, difficulty in learning, and decline in other intellectual faculties.

**Education and career:** Glorification of petty success leads to neurotic obsession about either academic success or certain specific careers. The academically “not so good” children get shattered due to pressure of peers and parents, if they fail to pursue a particular career.



**Performance:** There is gross reduction in performance. This is due to lack of interest and initiative leading to indifference, irresponsibility, inefficiency, absenteeism, etc.

**Matrimony:** The married life is characterized by harassment or violence towards the spouse. It may be due to inadequate dowry, inadequate sexual satisfaction and mismatching in other respects. Stress may reflect into mutual distrust, promiscuity, separation, divorce, and even suicide, homicide or murder.

**Family:** Every kind of disgruntlement is present in the family. This reflects as unhygienic dirtiness and indiscipline in the housekeeping. We notice indolence, lack of communication and dialogue, apathy, inertia, intolerance, quarrels and degeneration in every respect.

Usually there is negligence of the noble parental instinct causing anxiety neurosis, depression, restlessness and even breast abscesses and malignancies due to avoidance of breast feeding. Ill health results in babies because of lack of physical intimacy, contact and breastfeeding. As the children grow, they undergo stress of sloggng for lucrative career, name and success with no concern whatsoever, for their inner fulfillment, growth and satisfaction.

**Social Behavior:** The stress manifests in social behavior as lying, stealing, shouting, betraying, indecency, dishonesty, cheating, corruption, spoiling of public places and other crimes.

## **Effects on Body:-**

**Appearance:** Facial expressions change even if the individual is not aware of the physiology of stress and any particular stressors. Thus helplessness, listlessness, misery, anguish, anxiety, indifference, insecurity, irritability may be noticed in overall appearance.

**Nervous system:** Sensory disturbances may include pains and aches, itching, tingling, numbness and motor disturbances may include, lethargy, incoordination, defects in speech, and tremors and symptoms related to emotions and intelligence mentioned earlier.

**Cardiovascular system:** Coronary Artery Disease [CAD], high blood pressure, bleeding in brain, abnormalities of rhythm of the pumping of heart associated with giddiness, disturbing awareness of increase in heart rate and/or force of pumping, restlessness and paralysis can result due to stress.

**Respiratory system:** Asthma, increased susceptibility to respiratory infections, dry cough, sneezing, hiccups and even breathlessness may be present.

**Muscles and joints:** Weakness of muscles is common. Usually there is tension headache due to tense muscles. Backache is very common and usually due to defective posture, which in turn, is due to stress!

Drooping shoulders, hump on back, or other abnormality, causes or aggravates musculoskeletal and connective tissue disorders and compression of nerves causing pain. These conditions in turn further aggravate the stress.

Cervical, thoracic and lumbar spondylosis is present causing various degrees of pains and aches in the related regions. There may be spasm usually referred to as catch. Inflammation of joints between ribs and sternum sometimes associated with pain in chest can cause undue fear. There is inflammation of the joints between temporal bone and mandible [Temporal means related to time. The hair in this region gray first! Mandible means to chew.]. This can cause locked jaw or pain during opening and closing of the jaw. There can be bruxism, which means, biting of teeth during sleep causing sharp edges and injury to mouth and tongue.

**Connective tissue:** Rheumatoid arthritis [autoimmune disease in which body produces antibodies against proteins of its own causing damage to tissues and organs], tendonitis [Inflammation of the tapering ends of muscles which fuse with bone], inflammation of cartilage or ligament [tough connective tissue which usually covers and protects the joint], painful muscle or ligament tear called sprain may be present

**Endocrine system:** All the endocrine glands are adversely affected. Hence disturbances of carbohydrate, fat, protein, mineral, water, vitamins and other food and

drug ingredients' metabolism, disturbances of hunger, thirst, weight gain and loss, bone strength, growth, pigmentation or depigmentation, muscle function, sexual function, may be subclinical or overtly clinical such as diabetes mellitus.

**Reproduction and Sexuality:** lack of erection of penis and hence inability to perform intercourse, release of semen before reaching height or climax of sexual pleasure, absence of expulsion of semen during sexual intercourse, fear or aversion towards sex, lack of sexual attraction or desire, painful intercourse, absence of menstrual cycle in absence of pregnancy or any organic lesion, reduction in milk secretion are some of the effects of stress on reproductive system.

**Digestive system:** Effects of stress can directly alter the acid and other secretions in the digestive tract. Stress can also alter the motility of the digestive tract. Hence it can cause colic, belching, flatulence, nausea, vomiting, lack of appetite, hyperacidity, ulcer, irritable bowel syndrome, ulcerative colitis, diarrhea, constipation and so on.

**Genital-Urinary system:** Nighttime bed wetting, lack of control over the act of micturition resulting in passing of urine in response to coughing, sneezing, psychological retention of urine [inability to pass urine due presence of other people around] and susceptibility to infections are some of the effects of stress.



**Immune system:** Dysfunction of immune [defense] system results into increased susceptibility to infections [e.g. acquired immune deficiency syndrome [AIDS]. Other abnormalities of immune system result into bronchial asthma, autoimmune diseases or cancer.

**Skin and mucous membranes:** Dryness, lack of elasticity, lack of luster are common. There is usually presence of acne, pimples, scabies, eczema, wrinkles, and dark circles around the eyes. Psoriasis [a skin disease of many varieties, characterized by the formation of scaly red patches on extensor surfaces of the body], lichen planus [an inflammatory skin disease with wide flat papules, often very persistent and occurring in circumscribed patches], chronic itching skin eruption due to nervous disease and sweating of palms and soles are known to be due to stress.

**Hair:** Premature graying, brittleness, fragility of hair, dandruff, seborrhea [Excessive oily secretion by sebaceous glands that causes formation of white or yellowish greasy scales or cheesy plugs on body and is associated with itching] and baldness may be caused by stress.

**Eyes:** Strain, redness of eyes, pain in eyes, watering, burning and some times as in case of diabetics complications such as retinopathy, cataract can be seen.

**Ears:** Repeated infections, vertigo, ringing in

the ears, gradual deafness and sometimes disturbing hypersensitivity to sounds can be observed.

**Nose:** Scaling, running of nose, sneezes, choking, infections and atrophic lesions with dirty smell are some effects of stress on nose.

**Mouth:** Ulcers, increased salivation, drying, infections of gums, teeth, salivary glands and other parts in and around mouth and complaints such as pain, difficulty in biting, chewing, swallowing, bad breath etc. are present.

**In short, the stress adversely affects all aspects of life! But we will conquer the stress by understanding the mechanism by which the stress causes all such effects!**



## MECHANISM OF STRESS

Various stressors are basically stimuli and hence they stimulate various internal and external neural receptors and/or molecular receptors. The receptors after being stimulated produce changes either in the nervous system and/or in the blood. When they enter nervous system, they change the secretion of a variety of neurotransmitters, which are chemical substances acting on the various parts of brain. This then is followed by **autonomic nervous response** such as increase in heart rate, **endocrine response** which may include increase or decrease in secretion of a particular hormone or hormones, or a **metabolic response**, which may be an increase in release of glucose from the liver into the blood. .

The four main mechanisms of stress are:

a) Effect of various stressors on the brain leads to secretion of various neurotransmitters, which are released into a small centrally and ventrally located funnel like part of brain called hypothalamus. The hypothalamus in turn secretes hormones, which are carried to the pituitary gland which is underneath the hypothalamus. The pituitary in turn secretes hormones which are released in the blood and reach to influence various endocrine glands.

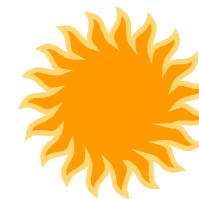
Adrenal gland located on the top of the kidneys, has the outer cortex and the inner medulla. Adrenal cortex secretes amongst other hormones, cortisol, which is mainly responsible for various bad effects of stress.

b) Stressors can act on the pineal gland which is conical and located in central ventral region of brain, superiorly. Because of stressors the proportion, the quantity and the type of secretions change and cause several ill effects on body.

c) Stressors can be bacteria, products of tissue injury, antigens, extraneous chemicals etc. in the blood. All these act on the different types of white blood cells [WBC], which in turn produce several substances which influence the hypothalamus and lead to effects of stress.

d) In as much as the stressors can cause effect on the hypothalamus, the secretions of hypothalamus can produce the effects of stress by direct action on various tissues.

Through understanding the last three chapters we have empowered ourselves to comprehend and manage the **root causes of stress**! Let us therefore, now enter the phase of **Total Stress Management [TSM]** and realize **SUPERLIVING with victorious spirit!**



## CAUSES, TSM AND SUPERLIVING

Just as optimum hunger and appetite are essential for proper digestion of food, genuine desire, promptness and interest in **TSM** are crucial for realizing **SUPERLIVING!**  
**This chapter will empower us for victory in the same!**

**Let us start the TSM**, which for simplicity is described in conformity with the causes of the stress i.e. **stressors**.

### Physical, Chemical and Biological stressors:

These include decreasing greenery, expanding asphalt, basalt, cement, granite and concrete jungles, gravitational and other accelerations, vibrations, pressure, temperature, radiations, glittering/flickering and shining lights, strange and rapidly mixing television and other picture frames, aggressive and loud advertising on TV and radio, electrical/electrostatic strong fields and radiations in computer, TV and other gadgets, hydrogen, sodium, chloride, potassium, pollution due to vehicles, mills, factories, cancer producing chemicals and excreta compounded by lack of open space, and organisms such as viruses, bacteria, fungi, bedbugs, houseflies, mosquitoes, cockroaches and other microbes and pests.

It is obvious that these stressors can cause bodily, instinctual, emotional and intellectual stress, depending upon the evolution of the organism or individual.

Thus high ambient temperature causes bodily discomfort, excess exposure to radiations can cause sterility, chemical pollution can disturb our mind and

exposure to biological stressors can disturb our intellectual activities.

### Management :

In as much as physical, chemical and biological stressors affect body, instincts, emotions and intelligence, the condition of the body, instincts, emotions and intelligence influences the management of physical, chemical and biological stressors. Hence everything to manage instinctual, emotional and intellectual stress as described subsequently is essential in the management of the physical, chemical and biological stressors.

**The most important strategy important in management of all the stressors is maintaining our objective blissful consciousness unperturbed, through Namasmara and hence will be emphasized repeatedly.**

At individual level, understanding the different influences of physical, chemical and biological stressors on us is important and very useful. It leads to, concern and improvement in our personal and social behavior. Thus minimal use of electronic gadgets, vehicles etc can reduce some sources of the stressors!

In addition, it is important to protect ourselves e.g. by use of mosquito coils! Most of us know and use such protective measures to save us from the various pollutants.

But individual efforts are not sufficient. Physical, chemical and biological stressors pose a mammoth problem. For significant success in their management dedicated involvement from topmost policy makers to

workers in terms of environment friendly policies and their implementation at individual, institutional and government levels is essential.

Thus improvement in the efficiency of public transport, restriction on the production of small vehicles, domestic and public cultivation of medicinal and other useful plants and trees, cleanliness of public toilets and public places, and decongestion of cities through appropriate policies are some of the important steps in the management of physical, chemical and biological stressors.

All of us in government, NGOs, schools, colleges, universities, other institutions and print and electronic media, including experts must get involved in evolving the government policies and programs to manage these stressors and popularize them for maximum participation and efficient implementation.

### **Bodily Stressors:**

These stressors are the ones which usually arise from the body in the form of disease, deficiency, deformity, disability, handicap, aging, pain and other noxious stimulation of the body. Evaluation of an individual on the basis of height, complexion, body proportion, shape and income lead to social stigmas which lead to apprehension and resistance. This makes these stressors even graver!

These stressors can also cause instinctual, emotional and intellectual stress. For example certain handicaps may cause sexual stress, certain diseases

may lead to depression, and certain deformities may lead to difficulty in learning.

### **Management :**

Well being of body through management of bodily stressors is one of the important means of rising in consciousness and hence helps us in managing all other stressors more efficiently. In turn, management of instinctual, emotional, and intellectual stressors as described later, helps us manage the bodily stressors better.

Hence we should practice **Namasmaran** to overcome the bodily stressors dragging us down from our objective blissful consciousness.

**Practice of Anulom-vilom, Kapalbhati, Bhramari, Ujjayee and Omkar recitation** at least half an hour a day boosts the zeal of practice and intensity of involvement in Namasmaran!

Menstrual cycle, pregnancy, wounds, traveling and many other situations in day to day life may not permit practice of breathing techniques, but we should not get disheartened. The situations will always be in our stride so far as we adhere to **Namasmaran**.

Namasmaran and breathing techniques help us in overcoming bodily stressors such as deficiency, disease, deformity, handicap and even aging. This is because Namasmaran and breathing techniques help us overcome apprehension and resistance which make the stressors grave. Namasmaran and breathing techniques help us rise above the social stigma

attached to the bodily stressors. This stigma is responsible for apprehension and resistance. Namasmaraṇa and breathing techniques help us overcome the suffocating social stigma and the superficial and petty values exaggerating the importance of bodily attributes such as height, shape, muscle contours etc. and the productive or earning capacity!

Namasmaraṇa and breathing techniques enable us to realize that it is our perspective, our thinking, our feelings for the welfare of the others that decide the value of our existence and not the bodily capacity or income. This way we learn not to lose the self esteem and not let ourselves down because of physical looks, deformity and incapacitation. Moreover, we learn not to force ourselves to earn some income only to justify our existence. We learn to ride over the misery caused by the bodily stressors and take victorious steps to manage them efficiently.

**Rubbing** of palate, gums, undersurface of tongue and teeth involves activation of huge brain areas associated with these regions. Therefore it is an important way of arousing our consciousness **when we get up in morning**. It causes increase in blood supply and washing away of waste products from sinuses, gums, tongue, salivary glands, and other oral regions, thus imparting health.

**Bath** is an opportunity to kindle our consciousness and open new horizons of life. It is associated with many other advantages! Bath washes away the darkness and lethargy. It washes away the lassitude and melancholy

from mind and rejuvenates the body. Bath stimulates the sensory receptors all over body and also improves blood circulation to all the parts of body. Besides, it cleans the sweat and sebum pores in skin and improves the health of skin. There is no need to use soap as a matter of habit or compulsion, unless the body is too oily or sweaty.

Cold bath in morning is refreshing. Warm bath in evening alleviates soreness of tired muscles, joints, eyes and in general all the systems. It is relaxing and helps in getting quick and sound sleep.

**Massage** has an inseparable element of emotional warmth and soothing effect. Different types of massage improve blood circulation in almost every nook and corner of body and promote health of skin, hair, neuromuscular system, musculoskeletal system and eyes. Massage can be useful in many disorders including paralysis. Foot massage can promote the foot health and prevent or treat callosities, corns, scaling, fungal infections, bruises resulting from excessive exposure to water, cold, heat, dust, ill fitting or synthetic shoes, other allergens and standing or walking for long time. Foot massage ensures flexibility of small joints and adequate circulation and micro-circulation in the feet. This is especially useful in diabetics who are prone to decrease in blood supply and its bad effects on feet.

**Correction of posture** is useful in treatment of backache, tension headache, low back ache, disturbed mood because mood correction can alleviate or heal the pain! Therefore erect posture is preferred whenever possible. Moreover we should sit with our back and loin



touching the back of the seat. This reduces undue strain on back and reduces the chances of backache.

**Physical exercise** is basically meant for nurturing and channelizing the vital force to culminate into fearless and committed expression of our globally beneficial perspective and feelings. Hence it is the **primary or main objective** of physical exercise useful in management of emotional and intellectual stressors.

Advantages of physical exercise in terms of looks, shape of body, strength and other physical attributes are useful and welcome but are **secondary**. This understanding is important to avoid disastrously lopsided and obsessive physical exercise merely for some physical or other trivial objectives or gains.

We should choose the type of exercise depending on whether we are old, young, students, athletes, clerks, pregnant, nursing mothers, and school girls and so on. Usually it is good to remember that apart from the primary objective of exercise stated above, the secondary objectives such as strength, flexibility; endurance, balance of body, coordination, speed, shape of body etc may be paid due attention to, while choosing the type of exercise. Another point to remember is that there should never be excess in exercise and to avoid monotony, exercise should be changed from, morning to evening, from day to day or from time to time.

Traditional Indian exercises such as yogasanas, danda, baithaka, suryanamaskar, chakradanda, wrestling, kallaripayyat, walking, climbing outdoor sports and other exercises such as karate, boxing, judo, aikido

can be learned from an expert and practiced according to availability and feasibility.

The simplest way of exercise is to walk and wherever feasible, avoid lift and climb stairs. These exercises are eco-friendly and inexpensive.

Moderate physical activity releases beta endorphin, up-regulates insulin receptors useful in regulation of blood sugar and improves the performance.

**Food and drinks** influence emotional, intellectual, instinctual and physical progress and are described in brief with reference to instinctual stressors.

All said and done bodily stressors are not easy to manage merely at individual level. Hence everyone from top policy makers to the workers must be involved for their efficient management.

One of the most important policy decisions is that conceiving and implementing **Holistic health** and **Holistic Medicine**.

**Holistic health** is nothing else but the **SUPPERLIVING** i.e. **perspective of universal welfare, intellectual quest and understanding of the solutions, happiness and enthusiasm in prioritization and assertion of these solutions and physical strength and capacity for such assertion**. Obviously policies, planning and their implementation in every field to promote **Holistic health** are **most essential**.

**Holistic Medicine** is the study, practice and research to explore and employ remedies in different



systems of medicine and from every possible source to achieve **Holistic health**.

It should be clear here how policy makers, decision makers, planners, administrators, experts and field workers from all the different fields can and ought to contribute to **Holistic Medicine** and **Holistic Health**. Thus availability of playgrounds, swimming pools, hath yoga centers, dance schools, schools of martial arts, health promoting food and drinks, gardens of medicinal plants and knowledge traditional and alternative remedies from all over the world to all of us, our children, students, patients, doctors and so on would contribute to preventing and overcoming bodily stressors.

Apart from actually conquering bodily stressors, implementation of these policies would nurture the **self esteem** of everyone related and involved in management of bodily stressors. This would make the misleading, aggressive campaigns of health products, threatening advertisements of health/life/accident insurances, frightening description of diseases, unnecessary promotional campaigns increasing already prohibitive costs of medical care, redundant, useless and unviable.

### **Instinctual Stressors :**

Due to development of nervous and endocrine system there is development of instincts and their inadequate fulfillment causes stress.

Instinctual stressors can cause bodily stress, emotional stress and intellectual stress also. Thus painful

intercourse causes physical pain, it upsets the mind and it leads to violent thoughts.

### **Management :**

The management of instinctual stressors helps us evolve instincts into sublime feelings and thoughts. It helps live in a more wholesome and happier manner. In turn management of all other stressors helps us in such culmination of our instincts into ecstatic living.

**Survival:** Fear of predator or threat to survival in the form of murders, mass killings, and terrorism causes stress.

**TSM** endows new dimension to our life. **Biological survival instinct** gets evolved into **noble adventure and we evolve into fearless invincible conquerors**. We learn that our bodies and individual existences are like windows. It is not us but the Sun, is responsible for the light rays passing through us. If we realize that light i.e. everything manifesting through us shall continue eternally even if our bodies-the windows perish, then we can overcome the fear of death of our bodies.

To reinforce this understanding and experience its validity we should do namasmaran with sense of gratitude at least immediately after we get up from sleep. This is to remind us our connection with cosmic consciousness and thereby avoid any petty feelings rushing surreptitiously in our mind without our awareness.

To overcome fear breathing techniques, which strengthen our nerves have to be practiced.

In modern days, survival also means ability to earn our livelihood. Hence it is important to learn a skill, technique, art, business etc., as an ethical means of decent income and social contribution. We should make our children self sufficient from this point of view.

However mere individual efforts are not enough. There must be **inclusion of productive and earning domain** in education to curb the **roots of threat to survival, germinating from unproductive education resulting in parasitic literates** emerging as **unemployed or unsatisfactorily employed criminals or mental wrecks.**

**Hunger:** Lack of food, change in the type of food, change in the timing of food cause stress.

Though, this biological instinct is basically meant for survival in animals, there much more to it in us. Thus we have freedom to regulate and fulfill it for the goal of **SUPERLIVING**. Hence, the quantity, quality and type of food should be chosen on the basis of its properties conducive to broadening of mind, alertness, buoyancy, focus, composure, determination, decisiveness, courage, and love and not .on the basis of **mere taste, flavor, shape, texture, color and deceptive goals such as ideal body proportion, skin complexion and heroic success in everything!**

**The nature of place, maker, provider, server and the actual food** all are important in this. Moreover, **our mental and physical states are also important.** Also, **affectionate sharing of food with others** makes a difference.

Hence eating together with prayerful and grateful attitude with due consideration to all above is regarded as yajna i.e. an act of a truly highest merit, that reunite us with our objective blissful consciousness.

Preferably, we should eat home food and avoid excessive consumption of any one type of food. We should have a variety in our staple diet. Thus we should have unpolished wheat, corn, patni, nachani, bajara, jawar, cow milk, green leafy vegetables, salads, seasonal fruits, sprouted beans e.g. fenugreek, alfalfa and bitter gourd, [Karela], neem [Kadulimb], bel, Amala, ginger, Pudina, A sourish variety of mangosteen called Kokam or Bhirand, basil [Tulas], Jamun [Jambhul] and oils such as sesame, groundnut, palm, coconut, mustard and sunflower and rock salt.

Research, training, practice and marketing of Indian cuisine and culinary practices and the Ayurvedic principles involved in them are required for excellent results in TSM.

**Thirst:** Lack or difficulty in getting safe drinking water produces stress. Presently, we find that most people can not get drinking water in spite of its availability as it is sold for prohibitive costs. This can not only cause stress but even lead to violent reactions.

Water is called JEEVAN i.e. life! We should drink plenty of warm water [that stimulates bowel motion also], immediately after we get up in the morning as a routine. This preempts the subclinical effects of subclinical dehydration caused by stress. Water not only quenches the thirst, but provides the medium for the variety of chemical

reactions in body. It catalyzes the rise of consciousness and alertness. Other beneficial drinks are juice of fresh fruits, butter milk, coconut water, etc.

It has to be noted that consumption of ice cold water and drinks predisposes us to common cold and related ailments.

Hence the rulers must ensure that clean and pure drinking water is freely available to every one everywhere and fresh fruit juice production and availability is promoted. Further, the policy to use electric water coolers in place of earthen pots should be done away thus **saving electricity and the potters.**

**It is claimed that eating of four leaves of Neem and four leaves of Tulsi everyday can reduce the infective, infectious and many other diseases by 50 %. Hence at least to verify this, these leaves and all the health foods and drinks described here and elsewhere should be made available to students, teachers, patients, doctors and every one of us as a matter of policy.**

**Excretory urge:** Inability, inconvenience, delay, discomfort and diseases related to defecation and urination act as stressors. Having to answer the call of nature on the sea face, railway lines and by the side of roads or anywhere in the open due to lack of toilets is a major stressor for one and all.

Stress and resulting weirdness lead to chaotic indulgence in eating and drinking and negligence towards the precious treasure of life, leading to abnormalities of urination and defecation amongst many others.

In general, consumption of green leafy vegetables, fresh fruits, sprouted beans and unpolished food grains and drinking of plenty of water are crucial to prevent or treat problems related to defecation and urination.

Proper food/agricultural policies promoting production and affordable availability of fresh vegetables, fruits, fruits juices and fiber are required for mass management of ailments like defecation.

But the problem of unavailability of toilets can be overcome mainly by major policy decisions with respect to rural development and thereby reduction in the individuals living, bathing, spitting, urinating and defecating in cities.

**Reproductive instinct:** Deprivation of sexual mate is obviously stressful. But sexual impotence, sterility, other primary or secondary sexual abnormalities and psychosexual problems also cause stress.

Overexposure to glorified display of brazen and crude sexuality, lack of enough privacy due to small houses and crowding, fear of diseases like AIDS, fear of defamation and/or breach of faith aggravate such stress.

Education of mere anatomy and physiology of sex glands, genitals, secondary and other sexual characteristics of males and females can, in fact exacerbate the sexual craving and its dissatisfaction and add to the stress.

This can be overcome by appreciating and teaching

noble aspects of parenthood, subtlety of family relations, value of social commitments, role of economic conditions, importance of emotional solace, necessity of mutual respect, delicate balance of individual aspirations and above all the sublime marital relationship peculiar to and possible for human beings, inseparably associated with sex. This appreciation must be reflected in laws, rules, regulations, conventions, literature, art and electronic and print media and our day to day transactions so that the forces of carnality and mercenary sexuality destroying our happiness inside and outside us can be culminated into wholesome and profound relations and ever enriching fulfillment.

**Parental care:** Separating the newborn from the parents produces stress in children and parents. This has become common today. Apart from the time crunch and other job related problems, we tend to get carried away by the ambience of material glamour and glitter and tend to neglect our parental instinct, which is actually a source of moment to moment rejuvenation!

We seem to get dragged behind the illusive and pleasures to such an extent that our own children begin to appear to us as villains spoiling our “pleasure”. We and our children gradually begin to develop distance, mutual indifference, despise and hatred.

Hence we have to re-explore our love and care for our children by overcoming misguided compulsions of individualistic pursuits and misdirected indulgence in **so called** physical pleasures, which are actually abysmal and **destroy our instinctual health and happiness!**

One of the important aspects of parental care is

breast feeding. We must dispel the superstition that bottle feeding is superior to breast feeding. The mothers ought to practice breast feeding for their own as well as their child's total health.

Breast feeding is also avoided due to anxiety about losing figure and also shyness and shame about breasts. This is understandable in view of the ambience brainwashing us to concede breasts as showpieces meant for exhibiting, titillating, seducing, marketing on the one hand and liabilities to hidden in shame or fear on the other. Breasts are noble parts of human body, involved in nurturing the new born and perpetuating the civilization. Breasts and for that matter, all the male and female sexual characteristics and the sexual attraction between them reflect an eternal, divine and romantic poetry of nature. They do **NOT** hint towards crass and exploitative phenomenon between two sexes. This understanding amongst all of us is required for **enjoying** dignified romantic sexual relationship, responsible and fulfilling parenthood and health promoting and stress relieving practice of breastfeeding.

Having said this, it is always advisable that the tender and caring act of breast feeding must have safe and private place for peaceful, serene and satisfactory practice of breast feeding. Hence baby care centers at every working place and sufficient time for nursing and breastfeeding the babies during duty hours are essential for overcoming maternal instinctual stress!

**Movement:** Lack of movement causes hypokinetic stress. Abnormally rapid movement produces hyperkinetic stress.

Simple measures like walking or stroll and climbing at working places can reduce hypokinetic stress.

Hypokinetic stress due to lack of movement can be reduced by issuing directives/orders to schools, colleges, hospitals, banks etc to promote movement. Improvement in the travel and tourism could make the trekking, hiking, roving etc. easier for a common man slogging in cities-the suffocating prisons. Construction of swimming pools, play grounds and gardens could promote locomotion, reduce stress and improve work output. In addition, there should be five days working week [where it is not as yet] so that the employed people can go for a weekly outing.

**Habitat:** Change in a particular environment to which we are conditioned, leads to stress.

The over all atmosphere, with which we are deeply habituated is called habitat. The best way of averting stress of alien habitat is self-employment in the vicinity of our native places. But this is not always possible. Hence we can develop new and more empowering habitat and overcome isolation, loneliness and stress of alien habitat by participating in a common goal as is done by many.

Better roads and public transport would help us visit native places more conveniently and reduce the stress of alien habitat.

**Herd tendency:** Isolation from herd [group] causes stress. Instinct of herd is present in us in the form of formation of family, relatives, friends and other groups.

Many of us feel lonely because the human bonds between friends, families, colleagues etc are being undermined due to competitive spirit, economic profit, professional rivalry, political gains and such individual petty pursuits bring us loggerheads to one another and boost ruthlessness and enmity for trivial gains.

We need company. In preferred company we feel buoyant and happy. For such a company [habitat] we should learn to not boast about our petty achievements and belittle others and also not keep grumbling through out about our petty grievances as it is stressful to others. If we learn honoring the sanctity of our bonds and relations, then we can have really pleasant company, satisfy herd tendency and surmount this stress.

### **Emotional and Intellectual Stressors:**

Besides all the stressors mentioned above, more stressors as described below in brief, come into play in we human beings, because of further development of nervous and endocrine system and the development of society! Thus these stressors arise from intellectual and emotional world in and around us. But they can cause [bodily] pain or incapacitation, [instinctual] sexual impotence, [emotional] bizarre mood changes and [intellectual] perversions in thought process and ideas. Hence management of **all these other** stressors is essential and very important in management of emotional and intellectual stressors

Emotional and intellectual stressors essentially emerge from **superficiality and pettiness**, which are



deep rooted within us. These generate opposing and conflicting dualities in the form of 1] fear, dreams, hope, expectations etc. about future 2] guilt, pride, arrogance etc. about the past, 3] preferences, likes, pleasures etc. about some things and 4] hatred, jealousy, despise about others. These dualities can create destructive and devastating conflicts and can tear apart our mind. These dualities and conflicts can give rise to intellectual perversions and antisocial plans and conspiracies. These conflicts cut us off from the very source of universal power. We get deprived of the fountainhead of life. This can lead to violence towards self or towards the others leading to all sorts of maladies at individual and social level.

If we happen to be in a **top decision making, policy making, planning, administrative or other powerful position and suffer from these [and physical, chemical, biological, bodily, instinctual] stressors, then it becomes disastrous and if we manage these stressors correctly, then it becomes liberating and blissful for ourselves and beneficial to the universe to a far greater extent.**

#### **Management :**

**Namasmaran** is the process of return from our narrow self to our real universal self and according to me, the best way to overcome **conflicting and devastating forces of pettiness and superficiality** and reunite ourselves with the source of all happiness, power and everything in the universe. Remembering, chanting or reciting the name of God, so to say the seed of universe, leads to the ultimate blossoming of our existence. **Everything else** if pursued as ultimate goal

to relieve stress later turns out to be fleeting and deceptive illusion in absence of namasmaran.

**Namasmaran** appears simple and unglamorous and hence even those, who in principle agree with its supremacy, tend to neglect its practice. Those who practice Namasmaran and know that they do not get peace anywhere else, also tend to lose faith due to being bogged by the pettiness [vacillating subjective intellectual and conceptual framework] and superficiality [holding on to the changing appearances and not the core]. Being able to practice **Namasmaran irrespective of anything and everything** is really the **state of being on the top of the world in true sense.**

If we are sensitive to personal as well as the social suffering then we are stressed more. But it is livelier than being callously calm and indolently quiet. This quality viz. **divine restlessness** propels us towards **TSM** and **SUPERLIVING**. However, it is **subjective**. **Subjective** means **non** absolute or **non** objective. It is petty and superficial as compared to objective or universal reality. Hence if it is coupled with adamancy, then it can cause enormously more destructive stress. Through Namasmaran **divine restlessness** evolves and culminates into the ultimate source of benevolent and creative state of peace.

**Namasmaran and breathing techniques usher in conflict free objective and blissful state from which spring** intellectual, emotional and physical actions leading to individual and global welfare, which in turn return us to the blissful state and the Namasmaran and breathing exercises!



Teaching and encouraging **namasmaran and breathing exercises** in all the places of policy making, law making, religious worships, learning, worship, business, research, production and health care would buttress this.

**The emotional and intellectual stressors span through:**

**Personal life:** It is said that we are social animals. But in true sense we are always alone and the company is always fleeting and changing! But as we do not realize it and depend on it or get even addicted to it, its abstinence makes us miserable.

We go on getting enamored and dragged after people, friends, relatives, career, money, glamour, power, hobbies, thoughts, philosophies and so on to complete our incompleteness and sense of inadequacy. In the process we sometimes get excited and sometimes depressed and get drawn to enter altered state of consciousness and let loose. We seem to need frank sharing of the euphoria or painful problems with informal and intimate company of close friends! We seem to require intense opening up and releasing. We appear to need do this with intoxicating substances for greater ease and relaxation! But later trivial fluctuations in the surrounding circumstances necessitate the company and the intoxication! However such companies and such relaxation boomerang and intoxication starts damaging. This frustrates us and makes us helpless. Later, we are not able to think, discuss, negotiate or fight back the stressors in any way and tend to drown ourselves in intoxication, which hurts permanently leading to

dependence, disease and debility.

Management of personal stressors involves rising above our subjectivity or ego. This gives the ability to be together even when we are alone!

For this we have to internalize the principle of **homeostasis**, which highlights **the invisible bonds between every individual and the society!** **Homeostasis** is maintenance of healthy environment for the cells and the organism. We must also appreciate that participation of all cells in **homeostasis** i.e. in the welfare of the organism, in turn ensures health of every individual cell. Let us remember that the organism [society] is healthy only if the cells [individuals] are healthy and vice versa. Every individual [a cell] has to assert and reinforce to ensure health of the society [organism]. If a cell [individual] does not function due to disease or death, then it is extremely harmful to the organism [society]. This understanding would reinforce our commitment to the society and energize us to contribute to it as a part of our **TSM** and the policies of holistic health, holistic medicine and holistic education etc. would help us in turn in **TSM and SUPERLIVING**.

**Family:** Discord, loneliness, unwantedness amongst family members and morbid dissatisfaction due to insatiable, individualistic and rabid selfishness cause stress.

The bitterness, discord, dissatisfaction etc. can be overcome by involvement in common goals and common missions. Such goals and missions bind us together, by warm bonds.

In the past there were certain customs and traditions specific to the pedigree, caste, occasions, and auspicious days in different religions. The life was well scheduled and more or less fixed without any doubts or controversies. The highest personal aim and ambition was to stick to and discharge the duties according to the religious conformities and the schedules.

This is why family members weren't in dilemma with respect to any activity. There were no conflicts of aims and ideas. Every member shared the enthusiasm, commitment, dedication in the traditional profession and the religious decrees. Hence everyone shared and divided pain resulting from mishaps and shared and multiplied happiness arising out of festivity and fulfillment of the commitments. In fact, successful conformity with the traditions was considered an adorable achievement!

Everyone shared the enthusiasm and excitement in eager wait for the festivals and rituals stipulated in the religious guidelines and calendars!

We no more have those traditions and customs in their original and suitable forms to bind our families together. However, we can adopt **the liberation of the self and welfare of the universe as our goal and mission** and rejuvenate the warm bonds. As a result, all controversies and antagonism would dissolve and physical health, cleanliness, cooperation, dialogue, discussions, affectionate gestures, aesthetics, sports, exchange of views, and well

directed orchestrated progress of the family towards **SUPERLIVING** would ensue.

The problem of elderly in family is largely due to the prevalence of pettiness in the ambience! If we practice Namasmaran, breathing techniques and assert us then fear of handicaps and disregard for aging would vanish. Loneliness and sense of rejection develop from seeking and expecting meekly or rejecting arrogantly due to our narrowness! If we engage ourselves in common goal and mission as stated earlier, we can emanate good will and love and stop arrogant rejection of our elders as well as overcome our own loneliness and rejection by others.

**Marital relations:** Time crunch, distress and insecurity of working women [wives, mothers, and girl children], suspicion by spouse, lack of issue, dowry, support-less-ness of nuclear family, dissatisfaction due to careerism and increased demands are some of the emotional stressors in marital life.

The objective of marriage is usually identified with contentment of exciting sexual intercourse, safe reproduction, successful rearing and luxuriously living together. But this is not the end of it. This contentment and happiness are neither strong enough nor permanent to resolve conflicts in marital life.

We must therefore **never** consider marriage as a matter of mere sexual satisfaction, reproductive achievement, successful rearing and merely luxuriously living together.

We have to understand that the institution of

marriage is not bondage but a **liberating bond**! It avails us the opportunity to go beyond our petty ego and achieve collective emancipation! This conviction alone can enable us to imbibe the sublime richness of sacrifice, tolerance, forgiveness, service, forbearance in living with our soul-mate [not mere spouse]! The horizons of our mind broaden and enable us to conquer our carnality, anger, violence, obsessions, whims, fancies, and other perversions and thereby realize the most satisfying and unifying truth of human life.

It is usual experience that birds with same feathers flock together. But marriages break irrespective of commonality in every kind of mundane pursuit. Hence SUPERLIVING is the only goal that can give us the transcendental happiness in our married life, throughout and for ever.

**Social ethos:** Social discrimination, oppression, injustice, inequality, caste discrimination, reduction in social cohesiveness, social systems in different forms such as dictatorship, socialism, democracy which may actually be pathocracy [rule of disease] and such other social factors produce stress.

Many of us grumble about the trouble of the social stressors. But few of us realize that many times the social stressors show us a mirror to identify the defects within us.

We therefore should try and introspect, find out and ride over everything that comes in the way of collective emancipation and nurture everything that helps in it.

This way we would be able to decide the priorities and assert the same. Such assertion is the key to the evolution of **individual freedom and democracy in every respect** and their culmination into **self realization and global welfare**.

**Cultural ambience:** Alienation of the culture, coercive conventions, value crisis also can be stressful. The gravity of the infliction caused by these stressors depends on and reflects the mass consciousness and mass consensus.

We have to realize the greatest treasure of happiness is not in getting dragged by fleeting temptations, but in getting involved in the pursuit of simultaneous individual liberation and universal welfare. This way we would simultaneously be able to **discard** retrogressive and barbaric cultural practices and oppose their imposition of on us and **consolidate and practice** the progressive ones taking us to **SUPERLIVING..**

**Religious bigotry:** Fanaticism, politicization and criminalization of religion and resultant tension, bitterness and riots cause stress.

Religious fanaticism, persecution, strife and riots on the one hand and irreligious doctrines, audacious dogmas, imposing atheism and inconsiderate rationality and conflicts generated through religious beliefs on the other, can be overcome if our aim in life is clear. The **simultaneous liberation of individual and welfare of the universe viz. SUPERLIVING** is a perspective. It is a vision. It is not a theory or hypothesis. It is NOT our

thought. It is our very existence, our consciousness, our actual being.

Since it is not our instinct, feeling or thought it is not in the purview of science, art or any language. Hence it is not open to intellectual discussion! But is it irrational? No. It neither **rational** nor **irrational**! It is beyond intelligence and it inspires and vitalizes and enlightens the intelligence, feelings and instincts!

This can be appreciated by a simple example. **Rationality** is like climbing the steps to reach the diving board at swimming pool and **TSM** is like diving and **irrationality** is like not climbing the steps. Those who climb the steps and reach the diving board, but do not dive are bound in their rationality and can **not** enjoy diving i.e. **TSM**. Those of us who do not climb up the steps are irrational and obviously **cannot** enjoy the diving i.e. **TSM**.. Thus both mere rationality and irrationality are inadequate and obstructive respectively, in **TSM**. Climbing the steps, reaching the diving board [being rational] and then jumping [getting freed from the shackles of one's own paradigms and subjective intellectual frames i.e. going beyond rationality] help us to enjoy diving i.e. **TSM** and swimming peacefully is like **SUPERLIVING**!

Religious beliefs such as charity also cause conflict and stress.

Let us understand that being callous to the needs of other people obviously hinders our growth as well as the development of the society. It is the darkness.

The practice of charity is superior and gives us

and some others satisfaction. It is beginning but not full brightness of light. Hence charitable measures such as donations, subsidy, and reservations are palliative and useful but they can not destroy the **roots** [policies, plans, administrative aberrations, laws, rules, conventions etc] of emotional stressors [**social suffering**]. Hence though they cannot be discarded at once, they can not work on long term basis as they generate evils like loss of self respect, lack of dignity, loss of confidence, lack of initiative and/or total sense of shameless parasitism! This is why most institutions like public hospitals with **charity as the basis** get degenerated and/or corrupted. They gradually degenerate and dwindle with respect to quality of health care, cleanliness, new developments and research, teaching, filling vacancies, job satisfaction, promotions, incentives and transparency and cleanliness in administration.

Therefore, we cannot get emotional gratification from mere charity. Social stressors such as child labor, beggary, slum dwelling, pavement dwelling, loss of self respect, lack of dignity, diffidence, lack of initiative, shamelessness and parasitism can be effectively managed by study, practice, experience, teaching and spread of **TSM including assertion of** policies such as those holistic health, holistic medicine and holistic education.

**Education:** Present education system is one of the best examples of how a wrong perspective and a wrong policy can give rise to globally disastrous and individually fatal emotional and intellectual stressors.

Thus the education institutions which do not

empower the students, teachers and families and also themselves **economically**, lead to crippling and parasitization of every body concerned, including themselves.

This crippling and parasitization lead to a vicious cycle of bribing for permission, bribing for grant, bribing for land, bribing for other facilities, bribing for regularizing irregularities such as passing required number of students on roll call or else the school has to be closed, bribing by the outgoing students for jobs, bribing for false caste certificates for certain jobs or courses, bribing the media for being favorable, bribing the vigilance officers, bribing for video-shooting or not shooting of the examination, getting bribed for appointment of inefficient teachers, irregularities in paying salaries, getting illegal donations, bribing for hiding the same, bribing for illegal coaching, making special favors to power brokers, opening more parasitic schools for spinning more money for more power, bribing for starting such parasitic power centers and so on!

But this is not all. Unproductive and unprofessional parasitic education, which keeps sucking **our** funds from government, is the most important cause of **child drop outs**. The dropouts who do not get jobs add to the population of cheap **child labor** and non-dropouts who continue to get 'educated' and remain unemployed add to the population of the **arrogant criminals or diffident mental wrecks**.

Inadequate incentive, due to **lack of production and earning** render all the concerned

helpless and miserable or parasitic and pervert. This is a major stressor in educational field and inflicts the economy of the families of the students, teachers, the nation as well as that of the world! The economic insecurity and other unfair practices destroy the interest, initiative and conviction in the teachers leading to defeat of the purpose of education and triumph of the corruption.

Besides, pettiness and superficiality, syllabi and curriculums favoring rote learning, hypokinetic stress, separation from parents, lack of individual attention, lack of dialogue and discussions, alienation from herd and habitat, lack of hand on experience in handicrafts, skills, creative arts, performing arts, sports, productivity, lead to further unemployment, cut throat competitions, adds to the emotional and intellectual stressors.

Many education institutions are exceptions to all what has been written. But we can observe around and find out for ourselves the extent of validity of the statements.

**Managing educational stressors is a major part of TSM and SUPERLIVING. It is a key to managing most of the other stressors. As students, we must remember that education is a golden opportunity for development of cognitive, affective, psychomotor and productive domain and thus really lays the seeds of individual liberation and universal welfare.**

One of the most important ways to ensure this



is by asking questions with **humility and boldness**. Another way is exercising the principle of **enlightened obedience**, which involves careful listening, questioning, discussion, provisional acceptance, experimentation, verification and acceptance or rejection of what ever is taught!. In fact **enlightened obedience** is a unique feature of **TSM** useful throughout life. Blind obedience or disobedience, blind acceptance or rejection and blind belief or disbelief need to be discarded excepting in circumstances such as war.

Introduction of cognitive, affective, psychomotor and productive domain in education is essential for physical, instinctual, emotional and intellectual development and of students and all of us!

**Careers:** Failures in interviews, failures in admission to certain careers, inability to compete in competitive examinations [especially those which are glorified or hyped] act as strong emotional stressors. Very difficult courses, lack of teaching, frequent changes in syllabus and the pattern of examinations causes emotional and intellectual stress.

It is important that we understand the real nature of the careers and our actual aptitude and our capacity. This requires penetrating the facades of media hype [and not creating media hype if we are media personnel] of the careers and know the nature of work, the risks involved in the career, its good or bad impact on the society so that we do not develop unfounded fascination, infatuation, attraction or obsession for any career which is NOT our real choice.

**Occupational environment:** Odd/protracted hours of work, lack of job satisfaction, lack of appreciation, lack of recognition, absence of accountability, denial of pay revision, and irregularity in promotions are emotional stressors. Excessive responsibilities without commensurate powers, over-demanding deadlines, nepotism, discrimination, corruption, manipulations cause severe emotional stress and its ill effects. Bad working conditions such as lack of light, fresh air and unavoidable grueling commuting every day obviously cause stress.

We have to understand that every job or business [excepting overtly destructive ones] has a socially beneficial dimension. Most of the times we ignore or neglect it and hence our job appears to be lowly, inconsequential, useless and pitiable. Understanding this fact can enable us to get involved and extract excitement and thrill in our job or business. This can be achieved through unconditional acceptance, love and respect for our job, colleagues and also the job environment. This would enable our mind to discover and solve the problems self imposed obstacles in our progress.

However if we are owners or rulers, then we have also to realize that job satisfaction i.e. **management of the occupational stress** is not possible merely with efforts of the employee. It requires cordial relationship, celebrations, incentives, division of labor befitting the aptitude, accountability, implementation of constructive suggestions, corrective and deterring punishments with impartiality and above all, **a goal of**



**liberation of self and welfare of all**, in which the employee can blossom!

**Economic field:** The poverty, unemployment, bankruptcy of ways of survival related to dwindling traditions, inflation, discrepancy between needs/artificially created demands and the fulfillment, exploitation, scams, frauds, swindling, obstructive rules and regulations, stringent laws, unbearable taxation, red tapism, corruption, business failures are emotional and intellectual stressors in economic field.

We must develop zeal and zest to acquire material prosperity with fair means and clear vision and determination to use it as a means of achieving Holistic Health. We must discard the unfounded and erratic asceticism that undermines entrepreneurship, trading, commerce; industry, business and any judicious money and power seeking venture. Such prejudiced value judgment should **not deter** us from making money and foolishly invite poverty and resultant stress.

Advertising is a part of any enterprise. It involves **promoting the production of globally beneficial products and services** to help the customers in their selection. As advertisers and as customers we can evaluate the merit and demerit of any advertisement on this basis and enjoy material prosperity.

**Corruption** is actually trivialization or vulgarization of ourselves and everything around. Thus identification of ourselves with our lower self gets expressed in perspective, laws, policies, major

decisions such as wars, regulations, rules, literature, art, skills, media, advertisements and personal and social goals and reflect in international and local crimes. Corruption at all these levels leads to common people getting stressed and strained in several ways and resort to or succumb to small or large economic crimes generally spoken of as “corruption”! Corruption, although implicitly, is generally held to be required for richness! This creates an illusion viz. being uncorrupt is being stupid and poor! However, resorting to economic crimes neither assures nor is essential for economic success.

The poverty of our perspective reflects in our economic policies and these policies reflect into poverty and vice versa. Our economic perspective and policies have to get emancipated [apart from vested interests and slavish submission to vested interests] from their restrictive goals of mere supply of food, shelter and clothes to ‘common’ citizens.

We must envisage every individual with material abundance so as to have enough time and energy left for achieving **holistic health and SUPERLIVING**.

**Unusual circumstances:** Socially concerned individuals have to face jail, underground stay, defamation, political harassment etc as they get involved in the problems of the world.

**TSM empowers us to reach the very core of different conceptual frameworks, goals, movements, missions, beliefs, conventions, traditions, customs, glitter, enticements**

compulsions, perversions including unusual circumstances and conquer them and help even those stressed by stressors of unusual circumstances and help them to help others!

As it must be clear now, TSM neither involves mere relaxation techniques, nor does it assure mere growth of profits. Neither does it involve mere entertaining measures nor does it assure mere loads of personal benefits! Neither does it involve mere dietary measures nor does it guarantee mere physical advantages. Neither does it involve mere techniques such as patting, strokes, autosuggestions, win-lose, win-win, lose-lose, lose –win idea, pacing, unconditional acceptance, love and respect etc. nor does it engage in mere utopia of love, peace, nonviolence, compassion, happiness and heaven on earth! Neither it is a charity measure, nor is it a mercenary venture.

**TSM** is the way to **SUPERLIVING**, which is the dynamic, invincible, and blissful life realizing “**simultaneous individual liberation and universal welfare**”! We have the choice to study and experiment with it as it is **our eternal right, privilege and also a golden opportunity!** In other words, **SUPERLIVING** is blossoming of every aspect of our life into innate, supreme and ultimate as well as omniscient, omnipotent and omnipresent visionary wisdom, real romance and brave benevolence! **Thus what we experience in our study and practice is all that matters and not what could be claimed or assured!**

**SARVE BHAVANTU SUKHINAH**

**ESSENCE**

**LET EVERY ONE BE HAPPY  
THROUGH  
EMPOWERMENT FOR UNIVERSAL  
PERSPECTIVE, VISION, THINKING,  
FEELING AND WORKING  
FOR SIMULTANEOUS INDIVIDUAL  
LIBERATION AND UNIVERSAL  
WELFARE  
THROUGH FREEDOM FROM  
SUBJECTIVE AND SUFFOCATING  
SUPERFICIALITY AND PETRIFYING  
PETTINESS**

**Dr. Shriniwas Janardan Kashalikar**

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AND HINDI**

1. **STRESS** ( Understanding and management )
2. **CONCEPTUAL STRESS MANAGEMENT**
3. **SMILING SUN**
4. **HOLISTIC HEALTH**
5. **HELATH IN FIRST CHAPTER OF GEETA**
6. **NAMASMARAN**
7. **HOLISTIC MEDICINE**
8. **PRACTICAL (TSM)**
9. **BE SUCCESSFUL IN EXAMINATION**

